



Eternal Health Medical Centre

June 2015 Newsletter

By. Dr Michael Elstein

The Pillars of Health



Dr Elstein's latest video presentation explains how the 'Pillars of Health' impact daily vitality and wellbeing

This recent [video presentation](#) explains how the 'Pillars of Health' including the digestive process, food allergy, optimal nutrient status and hormonal balance are connected in a stepwise fashion with peak daily energy.

The wisdom of having your blood glucose tested and why you could be sitting on a time bomb

Even if you're feeling healthy, having your blood sugar levels [assessed](#) would establish whether you're at risk of developing heart disease, breast cancer and brain shrinkage.

Research shows that fasting blood glucose or sugar levels that are greater than 5 mmol/L or 90 mg/dl, considered by doctors to be normal, actually carry with them an increased possibility of developing these diseases. Consuming foods, especially carbohydrates, with a low glycaemic index, such as broccoli, onions, cucumber, beans, peas, legumes and lentils, as well as blueberries, strawberries and cherries helps to favourably regulate blood glucose levels.

Why lean red meat is bad for us - the new paradigm for heart disease prevention

Along with Seventh Day Adventists who live longer than meat eaters, possibly because of their vegetarian lifestyle, I think I might be one of the few practising vegetarians left on the planet. Every time I conduct a presentation either to a medical or lay audience and I enquire about the presence of those who embrace a vegetarian lifestyle just about nobody responds in the affirmative. Recent research suggests that this might not be a wise option.

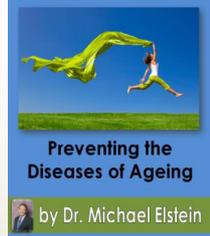
As much as we now know that it is not the saturated fat in red meat that raises our cholesterol, this type of fat can be pernicious via another route. Saturated fat compromises insulin which is the hormone responsible for controlling our blood sugar levels. Even lean red meat doesn't emerge unscathed from this quagmire. This supposedly more salubrious form of red meat contains a substance called L-carnitine, which, when it encounters germs in the gut, makes TMA (trimethylamine). Research now suggests that TMA and TMAO or oxidised TMA, the ultimate more virulent metabolite of this substance, are the primary instigators of heart disease. Before fish eaters thumb their noses smugly at the not so smart meat eaters, other sources of TMA include seafood, as well as choline found in eggs, soybean and cauliflower, making just about all of us vulnerable to the harmful effects of TMAO.

Is there any action we can do to counteract TMAO before it neutralises us? Collaborative research from France and Ireland is currently focusing on the elaboration of Archaeobiotics, strains of friendly microbes already known to inhabit our gut, that can render TMAO harmless. Another option is a drug called meldonium that operates in a number of ways to prevent carnitine from making TMA in the gut. This mechanism has yet to be widely embraced as a strategy for preventing heart disease.

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Special e-Book deal

The Wellness Guide to



Dr Elstein's [e-Book](#) is very well priced at only **\$10** considering its content which comes from Dr. Elstein's wealth of

knowledge. His reputation of being a Specialist in anti-ageing and improving hormonal health is clear to see throughout this e-Book, which is an excellent read with informative details that will provide the reader with the knowledge to stay on the path of optimal health. Included in the e-Book are useful tables showing the food sources of Calcium, Protein, Magnesium, Zinc and Vitamin K which is a great quick reference tool to have on hand.

This latest e-book will give you the knowledge to put you on the path of health, wellness and longevity.

JUNE SPECIAL

Purchase [The Wellness Guide to](#)

[Preventing the Diseases of Ageing](#)

for the low rate of only **\$10**

Hormones and insulin, hormones and cancer and the optimal anti-ageing diet

Dr Elstein's presentations at the recent anti-ageing conference in Kuala Lumpur

At the beginning of May I was one of the speakers at the 2015 [annual conference](#) of the Society for Anti-Ageing, Aesthetic and Regenerative Medicine in Malaysia. I addressed an audience of medical professionals and specialists and presented three lectures dealing with vital components of the anti-ageing agenda.



My first presentation focused on the relationship between hormones and insulin, the key hormone which controls our utilisation of the food we eat to generate the energy we need to sustain our daily activities. I explained that our genetic code still programmes us to be hunter gatherers and procreators in order to perpetuate the species. Both of these primary activities are governed by insulin. However most of our hunting and gathering is confined to a sedentary lifestyle with much more eating than is needed to keep pace with precious little

exertion. In this case insulin stores a lot of the resources we derive from food consumption as fat. We are simply overconsuming and exerting very little.

This is the predicament we are now in with the obesity epidemic threatening our survival as a healthy species giving birth to wholesome offspring. Insulin masterminds how much we eat and instructs the hormones we need to drive procreative activity. Burgeoning fat cells release chemicals which interfere with insulin's conducting role making us eat even more and derail sexual activity.

I went on to elaborate how two key hormones, melatonin and vitamin D, which assist insulin's major functions, have also been undermined by our predominantly indoor lifestyle. This further compounds our tendency to gain weight and our ongoing battle to shed excess kilos. '[You Have The Power](#),' recently available as an e-Book contains a key segment dealing with strategies that can be used to utilise diet, hormones and nutritional aids to judiciously assist with effective, prolonged weight loss. The '[Eternal Health Wellness Programme](#)' also measures hormones including thyroid hormones, melatonin, vitamin D, oestrogen and testosterone, as well as identifying how efficiently insulin operates to promote healthy sugar metabolism. These tests are then utilised to determine individualised weight loss regimens.

In another key presentation, I outlined how hormones are related to cancer risk with the recently completed e-Book '[The Wellness Guide to Preventing the Diseases of Ageing](#),' which provides detailed segments that can be incorporated to reduce cancer.

Finally I presented a lecture which focused on the ideal anti-ageing diet. Scientific evidence suggests that healthy longevity can be promoted by eating less and less often as well as early after dark. This would allow insulin to be engaged more effectively which would make weight loss easier. Much more importantly, this would limit our escalating capacity to gain weight easily, which is our current plight.



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